

Efficiency: These Devices Lighten Housework

TESTED AIDS FOR THE HOUSEHOLD

System: Every Business
Must Have Its Machinery

Why We Are Thankful!

WE are thankful, here in The Tribune Institute, that we have a job so big that it keeps us on tiptoe to measure up to it and so well worth doing that we can never seem to catch up with its possibilities.

We are thankful for the men and women among our readers who keep us on the alert by close scrutiny and intelligent criticism; men and women who do what we recommend and expect us to live up to the last inch of what we say.

We are thankful for the will among women to get a firm grip on woman's traditional job and handle it better than it was ever handled before. We are trail-breakers for the application of modern science to common sense methods of household efficiency and economy, and we have to step lively to keep in the lead.

We are thankful, women in the office and women in the home, for the chance to do our share in working through the turmoil of war conditions to better things than we have ever known, and for the urge of the spirit that bids us do a little better than our best!

M. IRWIN MACDONALD.

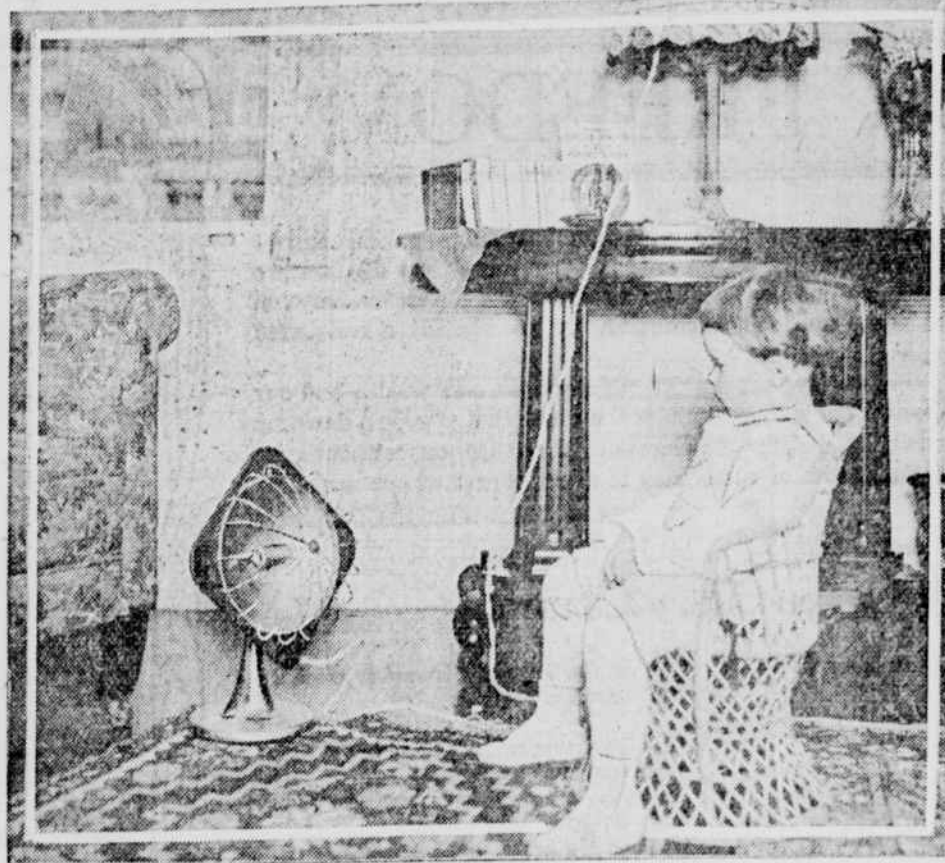
A Domesticated Headlight

WHEN the Hotpoint Hedlite Heater was sent to The Tribune Institute laboratory for testing it seemed to every one concerned that the best way to get an accurate report was to try it on the Institute baby.

His approval was prompt and unqualified. In fact, it was with difficulty that he was restrained from fervently embracing the brilliant thing that glowed so invitingly and threw such a pleasant warmth in the direction of his little chair.

Further experimentation proved that the baby's judgment was entirely correct. The Hotpoint Hedlite Heater is a good deal like having a little tame sun in the house. The bowl-like, brilliantly polished copper reflector multiplies by many times the light and heat coming forth from the spool-shaped heating element in its centre. The reflector is mounted upon a diamond-shaped frame of pressed steel, plated with polished nickel, which, in its turn, is supported by a short, nickel-plated steel pedestal with a circular base.

A hinged wire frame over the face of the reflector acts a good deal like a fender in ward-



ing off inquisitive little fingers. At the back is a handle for carrying the heater around and a socket that provides a connection for the ten feet of flexible cord with separable plug attachment, which may be used with any convenient lamp socket or base plug.

When the current is turned on the heating element glows with an intense cherry red, which is reflected from the concave surface of polished copper like the headlight of an automobile. The frame is adjustable, so that the rays can be directed either parallel with the floor or diagonally upward.

As a portable heater to be used in a chilly room, or in those exasperating days just before the steam is turned on in the fall, this little affair is most desirable. It costs only 6 cents an hour to operate with electric current at the rate of 10 cents per kilowatt hour, and it can be tucked away in any corner when not in use.

Made by the Hotpoint Electric Heating Co., Ontario, Cal., and 147 Waverley Place, New York City. Hotpoint Hedlite Heater. Price, \$7.50.

Reveries of a bachelor: At the end of a long, hard day a man likes to sit by the fire and dream of what might have been. If he has no fire, this glowing copper heater is the next best thing. The only drawback in this case was the desire of the young man to pick it up.

A Pan That Makes Globular Pancakes

DID you ever try to make Danish pancakes? They are delicious and are easily made if you have a Danish cake pan.

As a rule, only Danes are acquainted with these cakes, and until recently, when it was added to the Wagner Ware family, the cake pan could be obtained only in Denmark.

It is a round plate of heavy, smooth cast iron, with little wells or sockets, which are perfect hemispheres in shape. A strong iron handle riveted to the plate enables one to handle it as easily as a frying pan.

Like a frying pan it is made primarily to be used on the top of a stove, directly over the gas flame or glowing coils if it is a gas or electric stove, or set into one of the ordinary round openings on the top of a coal range.

The batter for Danish cakes is made exactly like a pancake batter, with a double allowance of baking powder. The pan is heated thoroughly, plentifully greased with margarine, drippings or any other fat commonly used for the purpose, and the batter poured into the round sockets precisely as pancake batter is poured over a griddle.

Then, if you are using a gas stove, turn the heat half way down and the cakes will puff up into round balls. When the brown crust shows around the edges and the top is

full of "dimples," loosen each cake with a small spatula or a very thin, flexible, steel knife—a curved grapefruit knife is admirable for this purpose—and turn it upside down. In about two minutes the top half of the ball will be slightly browned and the cake done through.

To serve, break the cakes apart and spread with butter and apple sauce, or put in a dab of butter and pour maple syrup over them.

They look like ball-shaped popovers, but the inside, instead of being hollow, is filled with a light, porous sponge.

Danish cakes can be made only in a Danish cake pan, but the cake pan can be used in the oven for baking any kind of cake or muffin that is ordinarily cooked in an iron muffin pan.

Made by the Wagner Mfg. Co., Sidney, Ohio. Danish Cake Pan. Diameter 9 inches. Price, 65 cents.

A Kettle for the Five o'Clock Tea Table

TO THE woman who enjoys a well-appointed tea table and a never-failing supply of boiling water for that constant replenishment of the teapot which is necessary as friends come and go, the Hotpoint Tea Kettle is really the last word in convenience.

It is a beautiful little kettle of the favorite short, squat shape that is so "quaint," and is mounted upon a small stand which, in its turn,

while the current is on. In the back of the stand is an attachment by which connection may be made with any lamp socket through the six feet of detachable cord that comes with the kettle. With electricity at 10 cents per kilowatt hour the cost of operation is 4 cents an hour. In the test given in The Tribune Institute five cups of water—which is the practical capacity of the kettle—were heated from tap temperature to boiling in thirteen minutes.

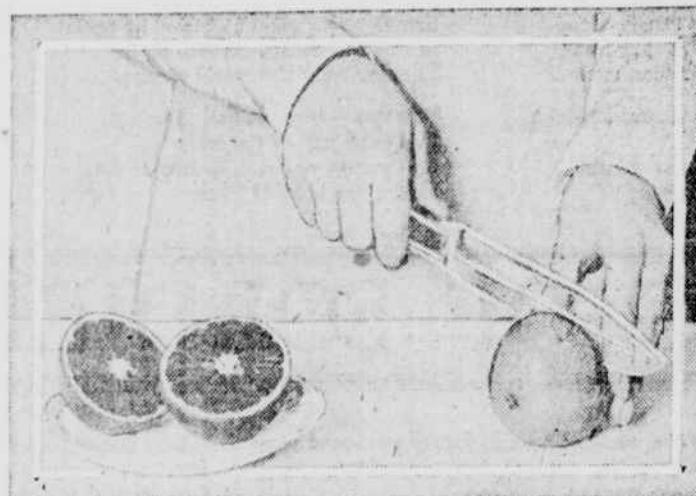
Made by the Hotpoint Electric Heating Co., Ontario, Cal., and 147 Waverley Place, New York City. Hotpoint Tea Kettle. Price, \$10.00.

Cut Oranges and Lemons with a Glass Knife

HOUSEWIVES who make their own marmalade know well what a nuisance it is to be perpetually sharpening the steel knife that constantly dulls with the acid of oranges, lemons and grapefruit—and also to scour the black stains from the same knife.

Therefore the Jackson Sanitary Glass Knife ought to be a very present help in the marmalade season. It is quite a large knife, nine inches in length and with a blade that at first sight seems rather thick and clumsy. But this same blade has an edge like a razor—an edge, moreover, that will not dull. The glass is ground by special process into a very deep bevel, and for slicing citric fruits it is a wonder. It can be used for ordinary peeling as easily as a vegetable knife, but its long suit is the swift and easy slicing that takes in peel and all.

Its only drawback is the fact that it is as breakable as any other glass article. The thickness of blade and handle saves it from the ill effects of an ordinary tap against table or



Prices Subject
to Change
Without
Notice



Next time you want to cut lemons, oranges or grapefruit try this razor-sharp glass knife that will neither corrode nor stain.

This is the Danish cake pan that makes globular pancakes. All you have to do is to pour in the batter, wait until the cake puffs to a ball and then turn it upside down. It is not hard.

rests upon three little feet made of fibre, which protect the table top from the heated metal.

Both kettle and stand are made of steel, brightly nickel-plated. The heating element, which is in the form of a small cylinder, is mounted in the bottom of the kettle, and care must be taken that it is completely submerged

dish, but if it falls to the floor its owner's next move is to sweep up the pieces.

Made by E. S. Pease & Co. and Associate Factories, Buffalo, N. Y. Jackson Sanitary Glass Knife. Price, 35 cents.

(Other articles which have been tested and endorsed by The Institute are shown in The Tribune Graphic.)

TESTED AND ENDORSED RECIPES

These Contributed Recipes Have All Been Tested and Approved by Our Domestic Science Expert. We pay \$1.00 for each Recipe That Is Tested. If Contributors Wish to Have Recipes Returned, Stamp Must Be Enclosed. Flour Is Sifted Once Before Measuring. All Measurements Are Level, and Standard Measuring Spoons and Half Pint Measuring Cups Are Used. Each Recipe Will Provide for Six Persons. The Approximate Cost of Materials Is Given, the Basis Being the Market Price at the Time the Test Is Made.

CORN MEAL GEMS

1 egg 1/2 teaspoon salt
1 cup corn meal 2 tablespoons sugar
1/2 cup flour 1/4 teaspoon soda
1 1/2 teaspoons baking powder 1 cup sour milk

Beat egg and sugar together. Dissolve soda in milk and add to the egg. Sift the meal, flour, baking powder and salt together and add to the other ingredients. Beat thoroughly and turn into hot greased gem pans. Bake in hot oven about twenty-five or thirty minutes.—Mrs. W. A. R. Walden, Mass.

In this recipe we use a small proportion of

wheat to the amount of corn meal, and thus help to conserve the wheat supply. This recipe will make nine muffins and costs 13 cents.

BUCKWHEAT DROP COOKIES

1/4 cup margarine. 1/4 cup buckwheat.
1/4 cup sugar. 1/2 cup white flour.
2 eggs. 2 teaspoons baking powder.
1/4 cup milk. 1/4 teaspoon salt.
1 teaspoon lemon juice. 1 cup chopped nuts.

Cream fat and sugar. Mix and sift the buckwheat, white flour, baking powder and salt. Beat eggs and add to fat and sugar. Add to these the dry ingredients and mix alternately, and finally the lemon juice and nuts. Drop by teaspoonsful on well oiled baking pan about two inches apart. Bake fifteen minutes in a moderate oven.—Mayor's Food Aid Committee.

This recipe yields forty of the most delicious little cookies imaginable. Buckwheat is used to save the wheat. It also adds much to the flavor and character of the cookies.

MENUS THAT HELP THE FOOD ADMINISTRATION

By VIRGINIA CARTER LEE

WITH only allowed for the table expenses and a Thanksgiving dinner to be planned for this week, the prudent housewife, anxious to keep within her budget, must figure very closely. Helps toward this desirable end are the use of cold storage eggs for all cooking purposes, except the scrambled eggs served for Saturday's breakfast; to purchase the Grade B milk for 11 cents a quart—carrying it home in your own container—and to make use of the nut butter, oleomargarine or home-clarified fats to the exclusion of butter for all except table use.

This latter costly ingredient must be cut to a minimum; when a rich gravy accompanies the meat and the vegetables are dressed with fat in some form it may be omitted entirely.

The holiday dinner, while not elaborate, will be found exceedingly good. Make the biscuits from part whole wheat and part white flour, and use a little molasses in place of sugar when preparing the candied sweet potatoes.

Meat is used only twice during the week; the rabbit on Thanksgiving and the veal and chestnut loaf on Sunday. Five fish meals are planned, counting the oysters served on Tuesday.

The remainder of the fricassee of rabbit is utilized in the game pie for Saturday's luncheon. As a very small quantity of meat may be used in this recipe, it will answer if there is not

much "left over" from the holiday dinner.

Two meat substitutes are given and the macaroni Milanese will be found particularly hearty. The recipe for this is included, and it is vouched for by a noted Italian cook as well as myself, who have personally tested it.

Market supplies for the week will include at the butcher's five pounds of rabbit, cost \$1.25, and one pound of veal for the loaf, 28 cents. At the fish market, one pound and a half of pan fish at 15 cents a pound, one pint of oysters, 30 cents; one pound and a half of codfish at 15 cents a pound and two pounds of haddock at 15 cents a pound.

Twelve eggs (cold storage), 42 cents a dozen; three strictly fresh eggs, 5 cents each; six quarts of milk at 11 cents a quart, two pounds of table butter at 32 cents a pound and half a pound of margarine or nut butter for cooking, at 30 cents a pound, will be required to follow the menus as arranged. As a further help in planning the economical holiday dinner, special prices are given for that meal.

Soup, 15 cents; rabbits, \$1.25; biscuits, 10 cents; candied sweet potatoes, 15 cents; home-made currant jelly, 7 cents; home-canned peas, 15 cents; celery, 20 cents; mock mince pie, 25 cents; cider, 15 cents; coffee, 5 cents. Total cost, \$23.22.

The dinner is planned for six persons, and not for four, so that one or two guests may be asked without increasing the expense.

Approximate marketing prices for the week should run at about the following figures:

ECONOMY:

Cost Is \$3.00

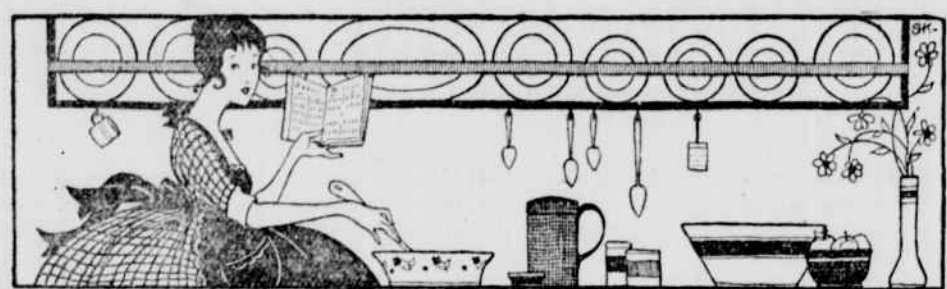
a Week for
Each Person

Butcher's bill \$1.33
Fish bill 1.07
Butter and margarine 1.19
Milk56
Eggs37
Groceries, including fruit and vegetables 6.98
Total \$12.00

Tested Recipes

IRISH POTATO CAKE WITH RYE MEAL

THIS is a delicious hot bread when properly made. Place in a mixing bowl one cupful of creamy cold mashed potatoes. Add one cupful and a half of rye flour, half a teaspoonful of salt and two teaspoonfuls of baking powder. Rub in with the finger tips a scant tablespoonful of clar-



THE MENUS given this week are based upon a food budget which allows \$12 a week for a family of four. These, like the simpler menus based on an expenditure of \$16 a week for the food supply of the same number of persons, are founded upon the advice Mr. Hoover is endeavoring to impress upon the minds of American housewives. Inexpensive dishes are chosen because the high cost of living is so serious a problem that no one can afford to ignore it. The foodstuffs employed are those which we are urged to consume at home in order to increase the supply of staples needed by our allies and by the famine-stricken countries of Europe. Yet, as you will see, the menus are neither insufficient nor monotonous, and all the necessary food values are provided at each meal.

fried beef dripping and wet with cold. Cut in wedge-shaped pieces, brush over with a little melted margarine and bake in a quick oven until crisp and brown. Handle as little as possible; roll in a quick oven until crisp and brown. Cut lightly on the bread board; shape into a circle and lay in a greased pan, with butter.

FOOD VALUE:

Each Meal Is
a Well Bal-
anced Ration

MACARONI MILANESE

This is an old Italian recipe. Boil half a pound of macaroni for half an hour; rinse in cold water and drain. Put in two tablespoonfuls of olive oil or other preferred shortening into a pan; when hot, add two mixed canned tomatoes and one small onion finely chopped. Shake over a moderate heat until the onion is soft; then add one pint of solid canned tomatoes, one teaspoonful of salt, one saltspoonful of paprika and the same of sugar. Cover the pan and simmer gently for twenty minutes. Add the macaroni, turn all into a dish suitable for serving; let it get very hot and serve, thickly dusted with grated cheese. About one-quarter of a pound of cheese is the right proportion to use.

ELECTION CAKE.

This cake recipe comes from Connecticut and the formula dates from

Colonial days. Begin making it early in the afternoon. It should be baked at least two days before using.

Cream one cupful of blended chicken fat or clarified beef dripping and margarine with one cupful of light-brown sugar; add one pint of sweet milk, half a cake of compressed yeast dissolved in a few spoonfuls of tepid water and sufficient sifted flour to form a stiff batter. Beat the mixture well, cover and let stand in a warm place to rise. At night, when very light, add two well-beaten eggs, half a teaspoonful of salt, half a teaspoonful each of ground mace and nutmeg and additional flour to make the consistency of cake batter. Again cover and let stand overnight.

In the morning, add a cupful of seeded raisins, half a cupful of sherry wine, a few drops of rose extract, two tablespoonfuls of finely shredded citron and the grated zest of half a lemon. Beat the thick batter vigorously; add a pinch of baking soda dissolved in a teaspoonful of hot water; beat again and pour into a large pan that has been lined with greased paper. Let it stand until the loaf has doubled in size and bake slowly in a moderate oven.

FRICASSEE OF RABBIT WITH BISCUITS

Cut two small rabbits into pieces suitable for serving. Wash well and soak in cold water for half an hour to draw the blood. Sear over the meat quickly in a little hot pork or bacon fat and cover with boiling water. Add a few chopped celery tops, a bay leaf, a sliced onion, a diced carrot and half a teaspoonful of poultry season-

ing. Cover the kettle closely, bring to the boil, season with salt and paprika and simmer gently until the meat is very tender. Strain off the gravy; there should be a generous pint—add to it two tablespoonfuls of Worcester sauce and one tablespoonful of currant jelly, one tablespoonful of Worcestershire sauce and a thickening composed of one heaping tablespoonful of browned flour mixed to a paste with cold water. Stir constantly until the sauce boils and pour over the rabbit, which has been arranged on hot baking powder biscuits, split open.

A WINTER FRUIT SALAD
Mix together the yellow pulp from one large orange, one diced banana, six chopped Maraschino cherries, four shredded dates and a few nut meats. Heap individual portions, each in a couple of crisp lettuce leaves, cap with a tablespoonful of mayonnaise made without mustard, and serve very cold.

HOT GAME PIE WITH POTATO CRUST

As rabbits are not very meaty, there will probably only be a small quantity of the meat left over from the holiday dinner and an appetizing little pie for luncheon will be the best way to utilize it.

Strip all the meat from the bones and cut it in very small pieces. Arrange in a small baking dish, cover with some of the gravy, add a little chopped parsley and cover the top with a crust made from mashed sweet potatoes, seasoned with salt and paprika and enriched with a tablespoonful of melted margarine and one lightly beaten egg. Bake in a hot oven until brown and crisp.

Monday (Wheatless Day)

BREAKFAST
Panned Baked Apples
(with maple sugar)
Irish Potato Cake with Rye Meal
Coffee

LUNCHEON
Vegetable Salad
Thin Corn Bread
Cocoa
Rice Compote

DINNER
Fried Panfish
Tartare Sauce
Baked Potatoes
Spinach with Egg
Canned Fruit Junket

Tuesday (Beefless Day)

BREAKFAST
Stewed Dried Fruit
Uncooked Cereal
Milk Toast
Coffee

LUNCHEON
Escalloped Oysters
Thin Rye Bread and Butter
Celery
Ginger Cookies

DINNER
Celery Bouillon
Macaroni Milanese
Spinach with Egg
Deep Apple Pie
Fairy Butter

Wednesday (Fish Day)

BREAKFAST
Cooked Cereal with Shredded Dates
Raised Graham Balls
Coffee

LUNCHEON
Corn Fritters
Sweet Pickle
Reheated Rolls
Sliced Oranges with Coconut

DINNER
Creamed Codfish au Gratin
Potato Balls
Buttered Beets
Lettuce
French Dressing
Chocolate Blanc Manger

Thursday (Thanksgiving Day)

BREAKFAST
Halved Grapefruit
Cereal
Waffles
Honey
Coffee

LUNCHEON OR SUPPER
Baked Beans
Pickled Peaches
Brown Bread
Election Cake
Canned Fruit

DINNER
Tomato Soup (without meat)
Fricassee of Rabbit with Biscuits
Candied Sweet Potatoes
Currant Jelly
Peas
Celery
Mock Mince Pie
Cider
Coffee

Friday (Meatless Day)

BREAKFAST
Preserved Apples
Uncooked Cereals
Popovers
Coffee

LUNCHEON
Puree of Bean
(Left-over Beans)
Croustons
Rye Bread
Fruit Salad
Cake

DINNER
Vegetable Soup (Without Meat)
Cheese Souffle
Escalloped Potatoes
Tomato and Lettuce Salad
Nut Cake Pudding, Maple Sauce

Saturday (Wheatless Day)

BREAKFAST
Sliced Oranges and Bananas
Scrambled Eggs with Vegetables
Rice Gems
(from rice flour)

LUNCHEON
Hot Game Pie with Potato Crust
(left-over rabbit)
Reheated Gems
Baked Apples

DINNER
Brown Soup
(from rabbit bones and gravy)
Broiled Haddock
Mashed Brown Potatoes
String Beans
Celery Salad
Grape Juice Sherbet

Sunday

BREAKFAST
Stewed Prunes with Lemon Slices
Brown Bread Cereal
Buckwheat Cakes
Maple Syrup
Coffee

LUNCHEON OR SUPPER
Fish Timbales
(left-over fish)
Thin Rye Bread and Butter
Lettuce Salad
Sour Milk
Gingerbread

DINNER
Cream of Corn Soup
Veal and Chestnut Loaf
Brown Gravy
Baked Sweet Potatoes
Carrots
Apple Tapioca